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THE WEEKLY MARKET BASKET



ARE YOU FILLING YOUR MARKET BASKET with the best food for the least money?

BEFORE YOU GO TO MARKET take account of stock and plan out what you need to buy and how much you should spend.

BE SURE that you put into the basket some from each of the five food groups that your family needs. (See Thrift Leaflet No. 15.)

CHOOSE THINGS that will meet these needs at the lowest cost; or if you spend more, realize that you do this to get flavor, texture, or variety.

IF YOU CAN SAVE MONEY by careful spending, why not invest it in War Savings Stamps?

Thrift Leaflet No. 16



UNITED STATES
DEPARTMENT OF AGRICULTURE & TREASURY DEPARTMENT



WEEKLY MARKET LISTS

Plan your food by the week, or better still make a three weeks' plan. You can repeat this all through the year with such changes as the season and the market demand.

Decide how much you will spend for each group of food during the week and keep within this allowance. If you buy a more expensive meat today, use tomorrow a cheaper kind, or fish, or a meatless dish. Watch the market. Some foods expensive today may be cheap tomorrow; an extra supply has come in; a dealer failed to sell as much as he expected; it is Saturday and he has no facilities for keeping the food over Sunday.

Such lists as these would supply the food needed per week by an average man doing moderately hard physical work:—

<i>With a large amount of cereal—usually the cheapest food</i>	<i>A good average diet with more variety</i>	<i>With more fruits and vegetables. For one who owns a garden</i>
1 banana, 2 apples, $\frac{1}{4}$ lb. prunes.	4 apples, 2 bananas, 2 oranges or 3 peaches.	7 lbs. apples, berries, cherries, grapes, melons, pears, peaches, plums, rhubarb, etc.
2½ lbs. beets, cabbage, carrots, greens, onions, turnips.	$\frac{1}{2}$ pt. strawberries.	$\frac{1}{4}$ lb. prunes, raisins, dates, figs.
5 lbs. potatoes.	$\frac{1}{2}$ lb. rhubarb, 1-3 lb. dried fruit.	5½ lbs. asparagus, celery, corn, cucumbers, lettuce, okra, peas, radishes, tomatoes.
2½ qts. milk, $\frac{1}{2}$ lb. cheese.	3½ lbs. string beans, cabbage, greens, lettuce, onions, squash, tomatoes.	6 lbs. potatoes or sweet potatoes.
2½ lbs. eggs, fish, meat, beans.	5 lbs. potatoes or sweet potatoes.	2½ qts. milk, $\frac{1}{2}$ lb. cheese.
2½ lbs. cornmeal, hominy, oatmeal.	2½ qts. milk, $\frac{1}{4}$ lb. cheese.	3½ lbs. eggs, fish, meat, legumes.
4¼ lbs. flour or 5 lbs. bread, $\frac{1}{2}$ lb. flour.	3½ lbs. bread, 1 lb. flour.	2½ qts. milk, $\frac{1}{2}$ lb. cheese.
1 lb. sugar, 1 cup molasses.	1¾ lbs. macaroni, rice, cornmeal, etc.	3½ lbs. eggs, fish, meat, legumes.
1 lb. butter, cooking fat, bacon.	1½ lbs. sugar and sirup.	3 lbs. bread, $\frac{1}{2}$ lb. flour.
$\frac{1}{2}$ lb. coffee, tea.	1¼ lbs. butter, other fat, bacon, chocolate.	1¼ lbs. macaroni, rice, oatmeal, etc.
Flavorings, spices, etc.	$\frac{1}{2}$ to $\frac{3}{4}$ lbs. coffee, tea, Flavorings, etc.	1¾ lbs. sugar, sirup, honey.
		1¼ lbs. butter, cooking fat, cream, etc.
		$\frac{1}{2}$ to $\frac{3}{4}$ lbs. coffee, tea. Flavoring, etc.

The man who is doing hard work needs at least 1-10 more.

The woman who scrubs or washes needs as much as the man who is working moderately.

For the woman doing light housework or the man who sits at his work allow only about 4-5 as much.

Count your boy or girl of fourteen as an adult.

A child between 10 and 14 should have about 3-5 as much as the grown-up, and the one between 6 and 10 will need half as much.

Of course, the child above average weight may need more just as a ten-year-old child might require a 12 or 14 year size in clothing.

MEALS FOR THREE DAYS

If you are using the first market list your meals for one day might be like this:

BREAKFAST			DINNER			SUPPER OR LUNCHEON		
Bananas			Stuffed beef heart braised			Baked hominy and cheese		
Oatmeal and top milk			with carrot, turnip, onion,			Apple sauce Gingerbread		
Graham muffins and butter			potatoes			Bread and butter		
Coffee			Rice pudding			Milk		
			Bread and butter					

This would be a good choice for one day if you are using the second market list:

Cream of wheat with prunes			Broiled fish or scalloped fish			Cheese fondue (bread crumbs, eggs and cheese)		
Bacon, 2 slices			Mashed potatoes, buttered			Rhubarb sauce		
Brown bread toasted and butter			beets			Oatmeal macaroons		
			Lettuce salad			Bread and butter		
Coffee			Strawberry shortcake			Tea		
Milk			Corn bread and butter			Milk		

These meals use an abundance of fruit and vegetables; get them from your garden:

Grapes			Cream of spinach soup			Potato salad with cucumbers and lettuce		
Poached eggs on toast			Mutton scalloped with tomato			Baked pears		
White muffins with honey			Potatoes with parsley			Bread and butter		
Coffee			Green corn			Tea		
Milk			Cantaloupe			Cookies		
Radishes			Bread and butter					

GIVE THE CHILDREN MILK AT EVERY MEAL

HOW MUCH FOOD HAVE YOU USED THIS WEEK?

USE THIS ACCOUNT FORM TO FIND OUT

GROUP 1 Vegetables and fruits			GROUP 2 Milk, eggs, meat meat substitute			GROUP 3 Cereals Bread			GROUP 4 Sugars			GROUP 5 Fats			Other foods—tea, coffee, flavoring.
Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	Kind	Amt.	Cost	
Totals															

In comparing the amounts used with those required, make allowance for water present, and remember that—

- 1 lb. of dried fruits and vegetables counts as 6 lbs. of fresh.
- Milk, cream, and ice-cream count as $\frac{1}{4}$ their weight or $\frac{1}{2}$ lb. to the quart.
- 1 lb. of molasses or sirup counts as $\frac{3}{4}$ lb. of sugar.
- 1 lb. of jelly, jam or rich preserves counts as $\frac{1}{2}$ lb. of sugar.
- 1 lb. of bread counts as $\frac{3}{4}$ lb. of uncooked cereal.

SPEND WISELY



SAVE SANELY

The years of the war have taught everyone to stop throwing away food. Plates come back empty from the dinner table. The garbage can holds only inedible refuse. The housekeeper knows how to use every leftover; to utilize every particle of fat; to prepare and serve wholesome food.

She has become expert in buying; she reads the labels; she checks up weights and measures. She knows when to buy in quantity and when in small amount; when it is more economical to buy in bulk than in package. She has compared the cost of making bread at home and of buying it, and is choosing the way that is best for her.

Today the lessened buying power of the dollar has made her think and avoid other kinds of waste. She must keep her family well nourished, but she must not use more food than is needed. She must know what kinds of food will fill her market basket to the best advantage. She must know how much she should use of each food group, and how far it is wise to save money by using more food from the less expensive groups. She will keep a food account and check up her weekly buying with the plan she has made.

She will also try to lessen prices for everybody in some of these ways:

By producing food at home.

By using local products.

By choosing her foods from those that are plentiful.

By lessening her use of such foods as are scarce.

By asking for fewer deliveries.

By cooperative buying.

By using the parcel post.

THEN BUY WAR



SAVINGS STAMPS
